

# Low Cholesterol Foods List

	<p><b>MEATS &amp; FISH</b></p> <p>Marbled beef, pork, bacon, sausage, and other pork products; fatty fowl (duck, goose); skin and fat of turkey and chicken; processed meats; luncheon meats (salami, bologna); hot dogs and fast-food hamburgers (they're loaded with fat); organ meats (kidneys, liver); canned fish packed in oil.</p>
	<p><b>EGGS</b></p> <p>Limit egg yolks to two per week.</p>
	<p><b>FRUITS</b></p> <p>Coconuts (rich in saturated fats).</p>
	<p><b>VEGETABLES</b></p> <p>Starchy vegetables (potatoes, corn, lima beans, dried peas, beans) may be used only if substitutes for a serving of bread or cereal. (Baked potato skin, however, is desirable for its fiber content.)</p>
	<p><b>BEAN'S</b></p> <p>Commercial baked beans with sugar and/or pork added.</p>
	<p><b>NUTS</b></p> <p>Limit peanuts. Walnuts and almonds are more preferable type nuts.</p>
	<p><b>BREADS &amp; GRAINS</b></p> <p>Any baked goods with shortening and/or sugar. Commercial mixes with dried eggs and whole milk. Avoid sweet rolls, doughnuts, breakfast pastries (Danish), and sweetened packaged cereals (the added sugar converts readily to triglycerides).</p>
	<p><b>MILK PRODUCTS</b></p> <p>Whole milk and whole milk packaged goods; cream; ice cream; whole-milk puddings, yogurt, or cheeses; nondairy cream substitutes.</p>
	<p><b>FATS &amp; OILS</b></p> <p>Butter, lard, animal fats, bacon drippings, gravies, cream sauces as well as palm and coconut oils. All these are high in saturated fats. Examine labels on "cholesterol free-products for hydrogenated fats" (These are oils that have been hardened into solids and in the process have become saturated.)</p>
	<p><b>DESSERTS &amp; SNACKS</b></p> <p>Fried snack foods like potato chips; chocolate; candies in general; jams; jellies; &amp; syrups; whole-milk puddings; ice cream and milk sherbets; hydrogenated peanut butter.</p>
	<p><b>BEVERAGES</b></p> <p>Sugared fruit juices and soft drinks; cocoa made with whole milk and/or sugar. When using alcohol (1/2 oz liquor, 12 oz beer, 5 oz dry table wine per serving *), one serving may be substituted for one bread or cereal serving (limit: two servings of alcohol per day).</p>
	<p><b>MEAT &amp; FISH</b></p> <p>Choose lean meats (chicken, turkey, veal, and nonfatty cuts of beef with excess fat trimmed; one serving = 3 oz of cooked meat). Also, fresh or frozen fish, canned fish packed in water, and shellfish (lobster, crabs, shrimp, oysters). Limit use to no more than one serving of one of these per week. Shellfish are high in cholesterol but low in saturated fat and should be used sparingly. Meats and fish should be broiled (pan or oven) or baked on a rack.</p>

# Asapscience Diets For High Cholesterol

**M Planty**



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